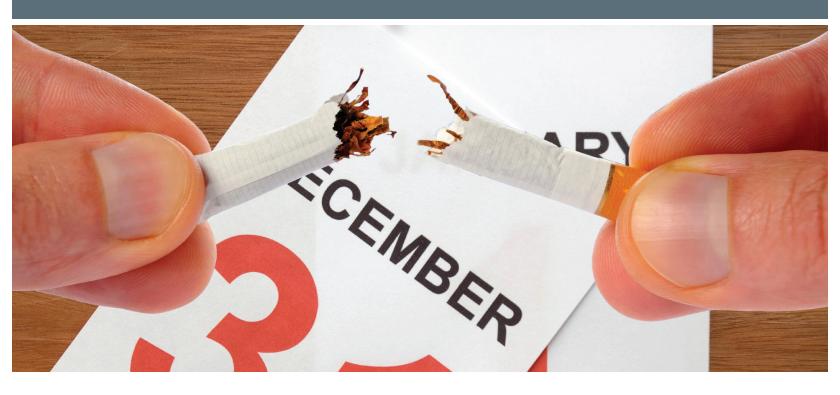
Want to break the habit on January 1st? We can help you get there.



Every New Year, "quit smoking" is a top resolution for hundreds of thousands of tobacco users. Unfortunately, only a small percentage succeed.

When you enroll in the Quit For Life® Program, your chances of success are much greater than going it alone. We'll get you ready to quit with knowledge, tools and support, including the "4 Essential Practices to Quit For Life." And we'll be there for you beyond your quit date—to make sure your resolution comes true, for life.

It's FREE. It's confidential. It works.

1.866.QUIT.4.LIFE (1.866.784.8454)

www.quitnow.net

"4 Essential Practices to Quit For Life."





Use medications so they really work.

Don't just quit, become a non-smoker.



Quit For Life® Program

The Quit For Life® Program is brought to you by the American Cancer Society® and Free & Clear®. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.